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SEPTEMBER 2023

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**letter from the publishers****Enjoying the Journey**

Throughout history, humans have embarked on pilgrimages in pursuit of wealth, good fortune, divine enlightenment or other blessings, and these journeys could be considered the earliest manifestations of the type of

adventure travel known today as spiritual tourism—some places qualify by virtue of their natural beauty or due to some historical, mythological or religious significance. For a trip that fosters mind-body-spirit self-care with a generous portion of adventure, we've got plenty of inspiration for you in this month's feature story.

Yes, travel can be an amazing way to invigorate the senses, stimulate imagination, refresh your mental framework and invite in new ideas and personal insights. I fondly recall the summer of 1976 when I was 13 and my mother shared the most marvelous news that my aunt Carol and uncle Leon, who lived by the ocean in Jacksonville, North Carolina, had invited me to visit for the summer. What a surprise for me, the oldest of seven children and right hand to my single mom working two jobs. Needless to say, the promised adventure felt like a miracle!

From the first moment I laid eyes on the Atlantic Ocean, I felt a closeness to our expanding universe like I never had before. It energized and enraptured me, and taking a deep, enlivened breath, I ran right to the water and jumped in. Body surfing felt like second nature to me. The gently rolling waves rocked me and eased my mind. I'd found a special place for my inner being to rest; soothed, calmed and comforted.

Even now, I still say that summer changed my life, and I'm forever grateful for my dear ones reaching out to gift me a much needed respite and an extraordinary opportunity for communing within. Many times since then when I'm at a crossroads, I find my heart beckoning me to the ocean for some ionized fresh air and clarity.

Wherever the path leads you this month, we hope that you find inspiration along the way to fill your soul with a passion and delight for life and the world around you. You're sure to find plenty to nurture yourself and your loved ones in this issue, too. Let's embark together on a new day and all that it has to offer. We invite you to explore the possibilities with us!

Happy Trails,

*Trina & John*

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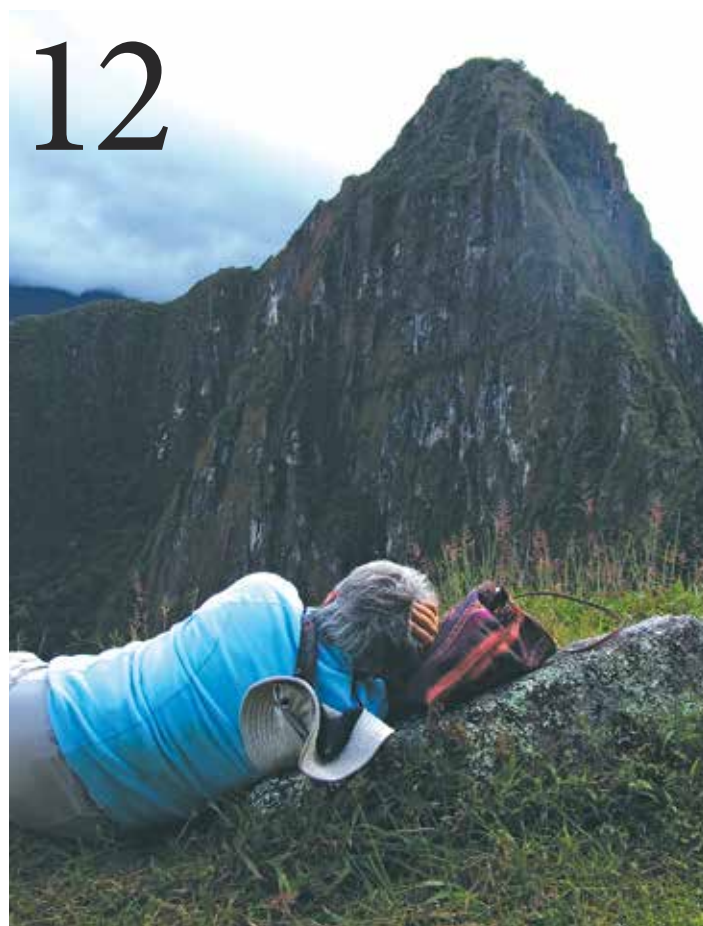
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*Natural Awakenings* is your guide to a healthier, more balanced life. In each issue you'll find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.



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— Sigurd Olson



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## news briefs

### Senior Discount Tuesdays at Castle Remedies

At Castle Remedies, customers over the age of 65 can receive a 10 percent discount on their in-store purchases every Tuesday. Manager Caitlin Potere says, "Maintaining health is important at every age. We believe in honoring the wisdom and experience that our seniors bring to our community. Senior Discount Tuesday is our way of showing our appreciation for our elders."

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*Location: 2345 S. Huron Pkwy., Ann Arbor, in the Parkway Center. For more information, call 734-973-8990, email [Info@CastleRemedies.com](mailto:Info@CastleRemedies.com) or visit [CastleRemedies.com](http://CastleRemedies.com). See ad page 26.*



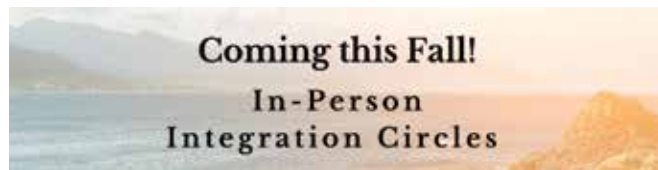
### Healing Through Connecting

Michaelene Ruhl, Psy.D., owner of Constellation Healing Arts, will hold a Sacred Community Circle for ceremonies, workshops or

teachings at a requested location and provides a courageous, comforting, ceremonial container to bring clarity, care and connection for the group's healing intentions. She communes with plant-spirit medicine, Healing through Connecting Constellations and other sacred ways to travel to spaces of deep healing, connection, love and belonging. Ruhl will conduct a Healing through Connecting Constellations workshop from 1 to 6 p.m., October 14.

She says, "Whether you've had a challenging life journey or one that has sparked divine awareness, it is learning to unite those experiences into your everyday life that is pertinent to your understanding, healing and moving forward toward your purpose. It is a way of being more present in the moments and connecting or reconnecting with love for yourself and those with whom you are in relationship."

*Workshop cost is \$185. Location: 28592 Orchard Lake Rd., Ste. 360, Farmington. For more information, email [Michaelene@ConstellationHealingArts.com](mailto:Michaelene@ConstellationHealingArts.com) or visit [ConstellationHealingArts.com](http://ConstellationHealingArts.com). See ad page 24.*



### Jamaica Couples Retreat in January and February

Certified life dream and mind-body coach John Rasmussen's (Chef John) sixth Bluefields Jamaica Retreat promises to be a life-changing opportunity to boost personal energy. The author of *From Sickness to a Marathon* and *The UNcook Recipe Book* says, "Participants can enjoy mind-body transformation, detox, self-healing, balance and plant-based nutrition."



Session one is from January 6 to 20, and session two is from January 20 to February 3, 2024. Week one, Food for Life Wellness Program, at a Seafront Villa, will restore energy and reboot the brain. Week two, Total Health Wellness Program, helps partakers learn how to relax to let go of stress, live life fully and create a healthy body.

For more information, call Chef John at 734-635-1598 or visit [Janu-ary-In-Jamaica.com](http://Janu-ary-In-Jamaica.com) which includes prior retreat videos. See ad page 35.

## Yoga Retreat in the Countryside

Holistic yoga and wellness educator Christy DeBurton will conduct a yoga self-care weekend retreat from October 20 through 22 in Big Rapids. She says, "If you are looking for some time away to relax and reset, join me for a peaceful weekend of self-care: yoga, nature, farm-to-table meals, lovely company and time to re-prioritize self."

Highlights include a safe, peaceful country setting for rest and relaxation; two nights of accommodations with private baths; locally sourced, plant-based meals and snacks; dinner Friday and brunch Sunday; a variety of all-levels yoga classes Friday evening through Sunday morning,



and a special Saturday afternoon workshop; an intimate, small group experience—retreat is limited to 10 participants; walking trails, labyrinth, bonfires and birdwatching onsite; mountain-biking and hiking trails at the adjacent Hungerford Lake recreation area.

Cost is \$469 single occupancy, \$399 double occupancy. For more info, visit [YogaRoomAnnArbor.com/events-2/fall-retreat](http://YogaRoomAnnArbor.com/events-2/fall-retreat).

## Claudia Schmidt in Concert

Claudia Schmidt, a powerful vocalist and adventurous artist who combines lively folk, jazz and blues with rich poetry and playful humor, will appear at The Ark at 8 p.m., October 7, with Rachael Davis. Together, they span generations of music making. She says, "Rachael is a bold explorer in the undefined and powerful territory of her primary instrument—her own human voice—and the stories that come through it."

Schmidt has recorded 22 albums, sings and plays guitar and Appalachian dulcimer. She has appeared numerous times on the radio program, *A Prairie Home Companion*.

Tickets are \$20. Location: 316 Main St., Ann Arbor. For more information, call 734-761-1818 or visit [TheArk.org](http://TheArk.org) and [ClaudiaSchmidt.com](http://ClaudiaSchmidt.com).



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## **event spotlight**



# **Find the Elusive Butterfly of True Love**

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shops invite attendees to be both empowered and naked in both body and emotions. They begin to breathe deeper and find an openness that feels like where we truly want to live.

They can discover they are beautiful and lovable just as they are; let go of fear and shame that can block love and intima-

*“We begin to breathe deeper and find an openness that feels like where we truly want to live.”*

in the past, but now may just be keeping us all separate. The focus on love, intimacy and sexuality provides fertile ground for self-discovery and true intimacy with others in a non-sexual context.

Those attending a HAI workshop for the first time may not be able to identify what is specifically wrong with their lives, but just that something's missing, thinking, “There must be something more than this.” But it is elusive. Connecting in Love work-

cy; practice speaking and listening from the heart; accept and love their body as it is today; change habits and patterns that no longer serve them; feel the support of a loving community; take risks, have fun and change their lives.

*Cost is \$695, including sleeping accommodations and meals. For more information or to register, call 734-888-8608, email Office@HAI.org or visit HAI.org. See ad page 15.*



**M**ount St. Helens, a volcano found in the state of Washington, erupted on March 27th, 1980. The eruption was so violent that by May, the rising moon over Northern Indiana appeared orange from the huge volume of ash ejected into the atmosphere.

Killing 57 people and reducing 24 square miles of Washington to a moon-scape, the eruption leveled approximately 4 billion board feet of timber. That's roughly the equivalent of 174,000 truckloads of lumber. Interestingly, almost 25 percent of the affected timber was, indeed, salvaged.

Mount St. Helen, 1980



Below is a photograph of Mount St. Helens from 2016. As you can see, Mother Nature (with the assistance of some very hard-working loggers and foresters) has nursed the area back to its original beauty and grandeur.

The purpose of this article is to highlight the incredible destructiveness and resilience of nature. Entire landscapes can



Mount St. Helen, 1980

# Mother Nature

## – PART 1 –

be wiped away by volcanoes, earthquakes, fires, floods, hurricanes or tornadoes, only to grow back as lush and beautiful as before, if not more so.

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*“Entire landscapes can grow back as lush and beautiful as before, if not more so.”*



Mount St. Helen, 2016

## Impacts of Radio Frequency Radiation



The introduction of 5G mobile phones and infrastructure has given rise to concerns about their safety, as more than 1 million new antennas will be required in the U.S. Currently, the Federal Communications Commission and International Commission on Non-Ionizing Radiation Protection consider only the thermal effects

(tissue heating) from electromagnetic frequency (EMF) exposure as potentially harmful.

A group of researchers led by Ariel University, in Israel, evaluated the non-thermal effects of exposure to EMF radiation on biological systems and human populations by reviewing in vitro [outside a living organism] and in vivo [inside a living organism] studies, as well as clinical studies on electromagnetic hypersensitivity and the epidemiological evidence for cancer due to the action of mobile-based radiation exposure. Although data derived from these studies was inconsistent, the researchers found supporting evidence that this radiation may contribute to cancer, endocrinological, neurological and other adverse health consequences. The researchers call for a more targeted, interdisciplinary research effort by national governments to ensure public health.

## Children's Physical Activity Declined Since Pandemic

In a new systematic review and meta-analysis published in *JAMA Pediatrics*, researchers found that children's physical activity has been greatly reduced by the COVID-19



pandemic. The researchers looked at data from 22 studies that included 14,216 participants ranging from 3 to 18 years old. The data showed that children's total daily physical activity decreased by 20 percent (17 minutes), irrespective of pre-pandemic baseline levels, and the reduction was larger for

higher-intensity physical activity. This reduction represents almost one-third of the daily dose of moderate-to-vigorous physical activity recommended for young children and adolescents.

These effects are largely due to social distancing policies and related school closures, which affected 1.5 billion youth worldwide. Under lockdown, children no longer had access to regular physical activities, recreational facilities or outdoor recess, and online learning increased sedentary screen time, disrupting healthy habits. Physical activity affects not only physical health, but also psychosocial functioning and mental well-being.

The study's results align with another meta-analysis showing that the pandemic increased the prevalence of youth depression and anxiety symptoms, highlighting the tremendous challenges that public health officials face to revive young people's interest in physical activity since the pandemic.

## Sucralose May Damage DNA

Sucralose is an artificial sweetener 600 times sweeter than table sugar. The U.S. Food and Drug Administration has approved its use in baked goods, beverages, chewing gum, gelatins and frozen dairy desserts. A recent study conducted by scientists at the University of North Carolina found that ingesting sucralose may cause the formation



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of a genotoxic chemical called *sucralose-6-acetate*. Genotoxicity refers to the breaking up of DNA, resulting in damage that could potentially contribute to health problems. Researchers also found trace amounts of this dangerous chemical in sucralose itself, even before it

was consumed and metabolized.

The study included eight projects that exposed human blood cells to sucralose-6-acetate, which researchers found induces the expression of genes associated with inflammation, oxidative stress and cancer. Exposure to certain concentrations of sucralose-6-acetate and sucralose also appeared to impair the gut lining, and sucralose-6-acetate inhibited certain enzymes, which could interfere with the body's ability to metabolize medications.

## Rise in Children With Autism



The U.S. Centers for Disease Control and Prevention (CDC) released updated statistics on the rate of children diagnosed with autism spectrum disorder (ASD), which has been on the rise. The data is based on reviews of developmental evaluations and records from

medical and educational service providers.

One in 36 children was diagnosed with autism by age 8 in 2020, or about 2.8 percent of children, up from one in 44 children in 2018 and one in 150 children in 2000, when the CDC first began tracking ASD prevalence in this country. Autism was also 3.8 times as prevalent among boys as girls, and for the first time the prevalence was slightly lower among white children compared to other racial and ethnic groups, which is a reversal of racial and ethnic differences observed in the past. However, Black children with ASD remain more likely than white children with ASD to have a co-occurring intellectual disability.

The CDC partially attributes these patterns to improved screening, awareness and access to services. They highlight the importance of accessible and equitable ASD diagnostic treatment and services for children of different backgrounds and call for more research to comprehend the emergence of diagnostic differences across states.



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# TRAVELING WITH PURPOSE

NINE DESTINATIONS FOR  
SPIRITUAL ENLIGHTENMENT

by Kiki Powers

*Seeker rests on Machu Picchu while  
viewing Huayna Picchu in Peru*



**T**hroughout history, humans have embarked on pilgrimages in pursuit of wealth, good fortune, divine intervention, spiritual enlightenment and other blessings. These journeys could be considered the earliest manifestations of one type of adventure travel, while today some of these would be defined as spiritual tourism.

The notion of “spirit” refers to both our conscious and subconscious minds. A spiritual practice, then, is any activity that enables us to step away from the noisy parade of life and explore our emotions, where any concept of the human spirit resides. This spiritual self-care includes any ritual or practice that helps connect us with our most authentic higher self.

Travel can be an amazing way to explore metaphysical interests with new people, sites and scenes, in order to invigorate the senses, stimulate the imagination, refresh the mental framework and invite new ideas and personal insights. Some places qualify for spiritual travel by virtue of their natural beauty, or due to some historical, mythological or religious significance. For a trip that fosters mind-body-spirit self-care with a generous portion of adventure, check out these sacred sites.

## Mount Shasta



This Northern California treasure is believed to be a powerful spiritual vortex that has long captured the imagination of spiritual seekers. By some accounts, Mount Shasta is reputed to be the Earth's root chakra, in keeping with the belief that, like the human body, planet Earth possesses chakra energy centers.

This majestic mountain, which is associated with healing, transformation and spiritual awakening, is a stunning backdrop for the many spiritual retreats and workshops offered locally that include meditation, energy healing, yoga, sound therapy and other restorative modalities.

Spiritual guide Andrew Oser, who has led Mount Shasta retreats for decades, says, “I can help you allow Mount Shasta's transforming energies into the core of your very being, and by utilizing my direction to harness the mountain's heightened vibration, you will feel it almost magically dissolve all of your fears.”

## Sedona, Arizona



Surrounded by red rock canyons, whimsical forests and waterfalls, Sedona's natural beauty inspires spiritual reflection. It is also part of one of the most powerful energy vortexes in the world and a New Age Mecca for those seeking transcendence through energy healing, yoga, sound baths and a host of other spiritual offerings.

From venturing to the bright turquoise waters at Havasu Falls nearby to visiting the Chapel of the Holy Cross, there are many activities in Sedona for those wishing to connect more deeply to nature and themselves.

## Bali, Indonesia

Known as the “Island of the Gods”, Bali is a captivating destination with a serene, spiritual ambiance. Nestled amidst lush greenery and terraced rice fields, the town of Ubud, in the uplands of Bali, enjoys international recognition for its spiritual offerings and welcoming vibe for those seeking inner peace and self-discovery.

Holistic healing options in Bali include energy therapies, sound healing and traditional Balinese massage. Yoga enthusiasts will be delighted with the varied class options, immersive programs and specialized workshops. Along with wellness spas offering rejuvenating treatments that harmonize the body, mind and spirit, Bali offers beautiful meditation areas for quiet contemplation.





## Machu Picchu, Peru

Spirituality runs deep in the Peruvian culture, from the ancient temples of the Incas to the living history of shamanism in the Amazon jungle. Machu Picchu has long been a revered site, and historically the place for worshipping the sun, the main Inca deity. Seekers can explore Machu Picchu on their own or participate in guided spiritual meditations—either way, it is a beautiful destination for a mind-body-spirit getaway.

For those seeking a deep mystical experience, Peru Sacred Tours provides a safe haven for spiritual advancement with the individualized attention and guidance of indigenous practitioners, including the herbalist shamans of the rainforest, Q'ero Inca priests of Cuzco or Moche San Pedro shamans of Chiclayo.

## Egypt



Egypt is considered a land of majesty and mystery, attracting treasure hunters, history buffs and adventure seekers, as well as those searching for spiritual transformation. This world-renowned destination has a long history of spirituality, with a colorful tapestry of beliefs and practices. The ancient Egyptians were convinced of the existence of a spiritual plane, while also maintaining deep reverence for the natural world, and these concepts continue to inform contemporary Egyptian culture and spirituality.

In recent years, there has been a surge in demand for spiritual tours in Egypt, particularly for meditation workshops in iconic places like the Great Pyramid of Giza, Valley of the Kings, Mount Sinai and Nile River. One of the more well-known tour guides is Freddy Silva, a leading researcher of ancient civilizations, sacred sites and their interaction with consciousness, as well as the best-selling author of *The Divine Blueprint*.

## Varanasi, India

Varanasi may be the world's oldest city, settled more than 4,000 years ago. Located on the banks of the Ganges River, it is regarded as the spiritual heart of India, with a tradition of Hindu mythology, as well as Buddhism. Religious, humanist and secular visitors frequent the evening *aarti* ceremony, when *sadhus* [sages] show their devotion by raising flaming lamps amid the aroma of incense.



If this strikes a chord, renowned author and spiritual teacher Andrew Harvey is offering a 14-day pilgrimage to the artistic, historical and spiritual soul of North India in November. He is the founder and director of the Institute for Sacred Activism, an international organization that inspires people to take up the challenge of our contemporary global crises by becoming effective, practical agents of institutional and systemic change.

## Kyoto, Japan

Imbued with the rich heritage and history of Zen Buddhism, this enchanting city is an ideal destination for seekers to explore close to 2,000 Shinto shrines and Buddhist temples, as well as the iconic Golden Pavilion, where centuries of devotion and wisdom have been housed. Many of these sites also provide inspiring settings for quiet contemplation, meditation and discussions of The Buddha's teachings.

The traditional tea ceremony offered at numerous venues around the city is a refreshing, meditative practice that cultivates a sense of tranquility and connection to the present moment. Kyoto is also home to exquisite Japanese gardens that illustrate the profound relationship between nature and spirituality in this gentle culture.







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## Italy

As there are many sacred sites in Italy, a guided experience or well-planned itinerary may help facilitate an immersive spiritual journey. This is a labor of love for Phil Cousineau, author of more than 40 books, teacher, editor, independent scholar, documentary filmmaker, travel leader and storyteller. His lifelong fascination with art, literature and history of culture has taken him on journeys around the world.

Author of *The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred*, Cousineau has stated, "To shine the light of your own natural curiosity into the world of another traveler can reveal wonders—to remember the mysteries you forgot at home. What matters most on your journey is how deeply you see, how attentively you hear, how richly the encounters are felt in your heart and soul."

In partnership with Sacred Earth Journeys, Cousineau has prepared a guided tour in November entitled *The Sweet Life of Mythic Italy*, which will explore sacred locations in Rome, Perugia, Assisi, Montepulciano, Florence, Verona and Venice. To learn more, visit [Tinyurl.com/SweetLifeTour](http://Tinyurl.com/SweetLifeTour).



## Stonehenge, England

Every year, more than a million people make the spiritual voyage to Stonehenge, in Wiltshire, England. Archaeologists are still seeking a plausible explanation as to how the stones weighing multiple tons were transported to the site. This ancient masterpiece of prehistoric engineering remains shrouded in mystery to this day.

There is further spiritual charm in myths around the purpose of Stonehenge. People ask, "Was it intended as a funeral monument, an astronomical observatory, a tool to predict the seasons or a sanctuary where the sun was worshipped?" Stonehenge is believed to be an epicenter of Earth energy with as many as 14 ley lines converging on the site—powerful channels of energy associated with places of ancient and primordial significance.

It is plain to see that when we are ready to invest in our spiritual well-being in a fun, mind-expanding way, many mind-body-spirit travel options abound.

*Kiki Powers is a health writer, blogger and national speaker specializing in plant-based nutrition and healthy green living. Learn more at [RawKiki.com](http://RawKiki.com).*



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# Stephen Cope

## ON FINDING YOUR CALLING

by Sandra Yeyati

Specializing in the relationship between Eastern contemplative traditions and Western psychology, Stephen Cope has been a scholar-in-residence for more than three decades at the Kripalu Center for Yoga & Health, the largest residential yoga center in North America. He also founded the Kripalu Institute for Extraordinary Living, a global network of scientists that researches the effects and mechanisms of yoga-based practices. Cope is a classically trained pianist, dancer and psychotherapist, as well as the bestselling author of *Yoga and the Quest for the True Self*, *The Wisdom of Yoga* and *The Great Work of Your Life*. His latest book is *The Dharma in Difficult Times: Finding Your Calling in Times of Loss, Change, Struggle and Doubt*.



a responsibility to our own idiosyncratic genius, which sustains not only us by providing a fulfilling life, but also the whole world by taking care of our corner of the world.

### ***How can we find our life's purpose?***

The practice of yoga and meditation is about increasing our connection with the subtle, internal world. Thoreau called it the distant drummer. While our culture constantly draws us out and distracts us, Eastern contemplative traditions invite us to quiet our monkey mind and listen inside to that still, small voice that is attuned to our deepest needs and to the way the world works. It's that awake, or enlightened, part of the mind that can connect you to your true calling.

There are three questions that people can ask themselves.

**First:** What lights you up? This is an energetic experience in our bodies when we come close to the occupation or endeavors that are important to our soul. Get familiar on a day-to-day basis with what lights you up, then slowly move toward those things and integrate them into your life.

**Second:** What duties do you feel called to? I don't mean those onerous things that are imposed on us by our culture. I mean a duty that if you don't do it in this lifetime, you'll feel a profound sense of regret and self-betrayal.

**Third:** What problems or difficulties are you facing in your life right now? Difficulties can point you to something that might be your dharma. Marion Woodman, a good friend and feminist who was diagnosed with bone cancer in her mid-60s, decided to close her psychoanalytic practice and devote the rest of her life to being in relationship with the cancer, investigating it as her calling. Very often, somebody's calling is something really difficult they're experiencing, like an unhappy marriage or dissatisfaction in career, and their dharma is to investigate what this means for their life.

### ***How do we follow the still, small voice when it feels like we're stepping off the cliff?***

Robert Frost stepped off a series of smaller curbs that added up to a cliff. He was concerned, as we all are, about security, making money and keeping his family safe, so he became a teacher. But there was a point at which he had to give up teaching and follow this deep voice that said, "Poetry is

### ***Why is it important to find our calling?***

In classical yoga, there's a view that everybody has a vocation. The earliest myth that supports this dates back several thousand years to the Vedic tradition in India and involves the god Indra, who is said to have cast a vast net over the entire universe. At each vertex of this net there's a gem, and that gem is an individual soul whose job is to hold together the net at that point.

This introduces the view that each of us has a responsibility to contribute our gifts in such a way that we hold together our little piece of the net. If we don't, the net starts to unravel. *Dharma* is Sanskrit for sacred vocation or sacred duty, which comes from the root *dhri*, "to hold together". It's this fascinating notion that we have



your calling.” He was 38 when he made the final decision to let go of other sources of income, and when he did that, his poetry came alive.

### ***What advice do you have for fulfilling our life's work?***

In the Bhagavad Gita [Hindu scripture], there are four pillars of dharma. The first is discernment—finding your calling in this lifetime. The second—the doctrine of unified action—is to bring everything you’ve got to whatever you decide is your calling. Third is to let go of the outcome, also known as relinquishing the fruit. The ancient yogis discovered that if you’re grasping for a particular outcome, it takes you out of the moment and into some future fantasized moment. By letting go, you empower yourself to be more present to the possibilities of the moment. The fourth pillar is to turn the whole process over to God or to something bigger than just yourself. My friends who don’t believe in a higher power or god understand that concept of dedication to the planet, to humanity or to all beings.

### ***Are you hopeful about the future?***

Very hopeful. The contemplative traditions discovered that human beings who were *jivanmukta*, or soul-awake, were special versions of human beings in that they had capacities of compassion, lovingkindness, joy, generosity and selflessness. Those qualities, which are developed in the practice of yoga and meditation, add to the common good. I’m hopeful that as we become everything we can be, we will have the capacity to solve some of the huge problems that we have. As reckless as we are these days with our world, human beings have very often risen to the challenge of complex dilemmas and resolved them. As we come together, we start manifesting unified action. The power of human beings working together for the common good is almost limitless.

*Sandra Yeyati is the national editor of Natural Awakenings.*



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# Savor the Present Moment

## HOW TO ADD MINDFULNESS TO MEALTIME

by Veronica Hinke



### Recipes That Enrich Mindful Eating

The Ann Wigmore Natural Health Institute, in Aguada, Puerto Rico, offers a mindful eating class that invites diners to practice with a bowl of Ann Wigmore's Energy Soup—a recipe by the institute's founder containing an array of vegetables, legumes and grains. "It's fulfilling, nutritious and cleansing, all in one," says Executive Director Carolyn Marin. "Key in what makes this a mindful eating meal is that while it is pulsed in a blender, it is not a liquid, and it requires chewing. Also, it is served at room temperature, which helps with mindful eating and proper digestion."

While soft music plays in the background, students of the mindful eating class are instructed to slowly pick up their spoons, place a serving of soup in their mouths, set their spoons down and unhurriedly chew 30 times. "They look out at the ocean, breathing carefully, eating consciously and slowly, taking their time and getting their body out of fight-or-flight mode and into healing mode. It can be very emotional," Marin explains. "Mindful eating also aids in digestion because the person is chewing the food fully and allowing it to spend more time in the mouth, where digestion begins. Many of our guests have experienced noticeable improvement with acid reflux, stomach aches and nausea."

### Four Aspects of Mindful Eating

Marc Demers, head chef at The Himalayan Institute, says there are four aspects

**T**here is a sharp difference between grabbing a fast-food burger at the drive-through and paying full attention to a home-prepared meal. For many of us, busy schedules and harried lifestyles get in the way of a more introspective dining experience. Mindful eating—the practice of slowing down, appreciating the present moment and becoming consciously aware of the ingredients, flavors, aromas and textures that we consume—can be a worthwhile meditative endeavor.

"If we're mindful of what we eat, when we eat and how we eat, we are supporting the vibrancy of what our bodies are so capable of," says Dr. Carrie Demers, medical director at the Himalayan Institute, in Honesdale, Pennsylvania. "Studies show that when people stop to sit down and chew their food carefully,

they not only eat less, but they actually get more enjoyment out of their meal. Food tastes better when we are actually present with it."

"When we slow down, we become more aware," says Shawngela Pierce of Seek Within You, who leads spiritual retreats in Sedona, Arizona. "Sometimes people eat out of habit, but when we become more mindful, we start to notice patterns that, once understood, can help us harness a whole new way of eating and living."

Mindfulness can begin before we even sit at the dining room table, "when we aren't distracted by watching television or something else, and we take the time to think deeply about what we are preparing," Pierce says, adding that calm focus can even help us when shopping for ingredients at the farmers market or grocery store.



of mindful eating—right food, right time, right quantity and right attitude or environment—each of which can be individualized and honed to deepen awareness and improve health. Here are his recommendations.

**RIGHT FOOD:** Eat fresh, whole foods that are easy to digest and give energy. We need mindfulness to notice which foods support us and which cause indigestion, mucus or fatigue.

**RIGHT TIME:** Our bodies naturally digest better in the daytime and when we feel hunger. Stop eating at least three hours prior to bedtime. We need mindfulness to notice the difference in digestion between eating ice cream at 3 p.m. and at 11 p.m.

**RIGHT QUANTITY:** Eat just the right amount of food—enough to feel satisfied and fuel the day's activities, but not so much that we feel lethargic or sleepy. Mindfulness helps us notice our hunger and fullness, as well as how we feel after we eat.

**RIGHT ATTITUDE OR ENVIRONMENT:** Sit down in a peaceful place, ideally with people we like, rather than eating while driving, working or walking. Don't eat when stressed or angry. If we are upset, it is better to take a moment to mindfully breathe and calm the nervous system before eating. The goal is to welcome the food with gratitude and openness.

## Take It Slow and Steady

For those struggling to commit to mindful eating, Pierce says, "Start practicing mindful eating with the food that you enjoy the most. Don't try to do it all at once. Just try one meal each week as a start. Make it a priority. Set a reminder if it helps. Have fun with it. Make it a playful practice. Say, 'Today is going to be my mindful eating day.' That opens the gateway to something that will become an integral part of your spiritual life."

*Veronica Hinke is a food historian and author of The Last Night on the Titanic: Unsinkable Drinking, Dining and Style and Titanic: The Official Cookbook. Learn more at FoodStringer.com.*

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## conscious eating

### HEARTY QUINOA SALAD

YIELD: 4 TO 6 SERVINGS (6 CUPS)

- ½ cup extra-virgin olive oil*
- 7 Tbsp scallions, sliced thin*
- 1 cup quinoa*
- 1 cup corn kernels, fresh or frozen*
- 1¾ cups kale, stems removed, finely chopped*
- 1¾ cups cheese of choice, crumbled or diced small (use tofu or tempeh for vegan option)*
- ½ cup pesto (dairy or vegan)*
- ½ cup sunflower seeds*
- ½ cup dried tomatoes, chopped*



Wash and drain the quinoa three times. Cook according to package instructions.

Let cool. If using frozen corn, cook in water for 3 minutes.

Blanch the kale (spinach or other leafy greens work also). Press out extra water.

Sauté the scallions for 2 to 3 minutes. If using tofu or tempeh, lightly brown it in the skillet.

Combine all of the ingredients, and mix well. Use within 3 days.

Photo courtesy of The Himalayan Institute; recipe by Head Chef Marc Demers.

### GREEK ORZO AND CHICKPEA SALAD

This recipe by Vincci Tsui, a dietician and intuitive eating counselor in Calgary, Canada, can inspire mindfulness because it requires chopping, dicing and cubing ingredients, which can be methodical and meditative activities. In terms of eating the salad, the numerous flavors and textures provide ample opportunity to engage the senses and be present with the food.



YIELD: 4 TO 6 SERVINGS (6 CUPS)

- 8 oz orzo*
- 1 19-oz can chickpeas, drained and rinsed (about 2 cups cooked)*
- 1 pint grape tomatoes, halved*
- 1 large English cucumber, chopped*
- 1 red bell pepper, chopped*
- 1 bunch green onions, chopped*
- 1 cup chopped basil*
- 7 oz feta, cut into ½-inch cubes*

#### FOR THE DRESSING:

- ¼ cup red wine vinegar*
- 2 Tbsp lemon juice*
- 1 tsp honey*

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1 tsp dried oregano  
 ½ cup olive oil  
 Salt and pepper to taste

Cook the orzo according to the package directions. Drain and rinse with cold water. Set aside.

Meanwhile, make the dressing by whisking together the red wine vinegar, lemon juice, honey and oregano until honey is dissolved. Slowly whisk in olive oil. Season with salt and pepper to taste. Set aside.

In a large bowl, mix together cooked orzo and remaining salad ingredients. Add in dressing and toss to coat.

*Recipe and photo courtesy of Dietician and Certified Intuitive Eating Counselor Vincci Tsui.*

## ANN WIGMORE'S ENERGY SOUP

This soup has several properties that facilitate mindful eating. It is served at room temperature, loaded with diverse ingredients and pulsed, rather than liquified, allowing for purposeful chewing, attentive tasting and proper digestion. The liquid base includes cabbage rejuvelac, a fermented, bubbly probiotic resembling unsalted sauerkraut juice that restores electrolytes, B vitamins and gut balance.

YIELD: 2 TO 4 SERVINGS



½ cup cabbage rejuvelac (recipe below)

1 cup non-starchy vegetables such as zucchini, yellow squash, radishes, beets, carrots, celery or cucumbers, chopped

1 cup non-bitter, leafy greens or herbs, chopped

1 Tbsp seaweed

1 Tbsp lentil or pea sprouts

6 cups sunflower microgreens

2 cups buckwheat microgreens

1 Tbsp grated ginger

1 cup papaya, chopped

1 fresh lime, cut into wedges

### FOR THE CABBAGE REJUVELAC:

6 cups red or green cabbage, chopped

3½ cups filtered or spring water

To make the rejuvelac, use a blender to purée the water and cabbage. Pour the mixture into a glass jar, cover and store in a room that is 74° F or warmer for 3 days. Open and close the lid of the jar once each day to release air.

To make the soup, use a blender to combine the rejuvelac, vegetables, seaweed and sprouts, pulsing so as to not over-blend, and slowly add the micro greens. Pour into bowls and add ginger, papaya and lime juice. Serve at room temperature.

Can be stored in the refrigerator for 2 to 3 weeks.

*Recipe and photo courtesy of the Ann Wigmore Natural Health Institute.*

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# Understanding Light Pollution

## ENVIRONMENTAL CONCERNS AND ACHIEVABLE REMEDIES

by Sheryl DeVore



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**A**t Montana's Medicine Rock State Park, visitors have a rare opportunity to look up at the night sky and see an awe-inspiring display of planets and constellations, as well as the Milky Way, our spiral-shaped galaxy that contains about 100 billion stars, according to the National Aeronautics and Space Administration. It is a magnificent sight, but those of us that live in or near cities with artificial lights beaming out of buildings and cascading over parking lots and highways may never get the pleasure.

"Because of light pollution, up to 80 percent of people living in North America are unable to see the Milky Way where they live," says Sabre Moore, executive director of the Carter County Museum, in Ekalaka, Montana. "Medicine Rock State Park is designated as an International Dark Sky Sanctuary, and the Carter County Museum has committed to safeguarding it in perpetuity."

The park's sanctuary certification was issued by the nonprofit International Dark-Sky Association, based in Tucson, Arizona, with a grassroots network throughout the world. The organization offers five dark-sky designations based on stringent outdoor lighting standards and relies on the help of community stakeholders, such as Moore, who serves as a volunteer dark-sky preservation advocate. At Medicine Rock, she helps host sky-parties for people to enjoy the celestial show and learn about the negative impacts of light pollution.

### Threats Posed by Artificial Lighting

The skies around cities are hundreds, if not thousands, of times brighter than they were 200 years ago, according to 2017 research published in *Science Advances*. In addition to robbing us of the Earth's nocturnal skyscape, outdoor illumination negatively

affects many plants and animals, including humans. Human-made lighting threatens approximately 30 percent of nocturnal vertebrates and 60 percent of nocturnal invertebrates, and it "is increasingly suspected of affecting human health," writes scientist Christopher Kyba, lead author of the report.

The mechanisms by which these life forms are affected vary. For example, when birds migrate, they fly into buildings that are lit up at night. Scientists estimate that at least 100 million bird deaths in the United States annually are related to light pollution. "Bobcats and bats rely on the cover of darkness for their survival and are also being affected," says Moore, adding that artificial light interrupts human circadian rhythms, thereby affecting our REM [rapid eye movement] sleep, which is vital for our well-being. The flight patterns of night-active insects are disrupted by outdoor lighting, which partially explains their declining numbers worldwide.

### A Simple Switch Saves Turtles

It is possible to reduce these negative impacts, as the Sea Turtle Conservancy has proven. By getting people to modify the positioning and types of lights used in buildings along Florida and Texas beaches, the nonprofit has been able to rescue loggerheads, leatherbacks and green sea turtles from the brink of extinction.

Female turtles have evolved to instinctively lay their eggs on the beach, allowing the hatchlings to emerge at night and head toward the light of the horizon into sea. Humans, however, have interrupted this natural course with artificial light emanating from the windows of high-rise



condominiums, garden spotlights and outdoor lamps.

“When hatchlings erupt out of their nests in the middle of the night, the bright horizon today is in the direction of the land. They go the wrong way into roads, parking lots, swimming pools or dunes, where they are run over by cars or subject to predation,” explains David Godfrey, executive director of the conservancy.

Researchers have discovered that lights with longer wavelengths that are amber, orange and red in color do not disturb the turtles, as opposed to outdoor fixtures that emanate shorter-wavelength blue and white light. According to Godfrey, the good news for these sea creatures is, “LED can be programmed to emit the specific wavelength you want.”

The conservancy works with coastal counties, beachfront property owners and others to switch to turtle-friendly

lighting, and the National Fish and Wildlife Foundation often provides grants to pay the retrofitting costs. As a result, Godfrey reports, there has been increased nesting in areas with changed lighting and greater survivorship by the hatchlings.

“We are saving tens of thousands of hatchlings every season, and homeowners are seeing a reduction in their utility bills. People love it. They’ve found the longer wavelengths are more pleasing to the eyes,” Godfrey asserts. “Since we know that light pollution affects various other forms of wildlife and humans, the managed use of lighting at night is something that everyone should pay attention to.”

### Tips to Address Light Pollution

- Avoid blue-light fixtures.
- Turn off unnecessary lights in

the evening.

- Use dimmers, timers and motion detectors.
- Close curtains and blinds at night to stop indoor lights from beaming to the outdoors.
- Visit *Lights Out: Recovering Our Night Sky*, an exhibit at the Smithsonian National Museum of Natural History, in Washington, D.C. ([NaturalHistory.si.edu/exhibits/lights-out](http://NaturalHistory.si.edu/exhibits/lights-out)).
- Get involved at *GlobeAtNight.org*, a citizen-scientist group that monitors light pollution.
- Support dark-sky designated areas ([Tinyurl.com/DarkSkyPlace](http://Tinyurl.com/DarkSkyPlace)).

*Sheryl DeVore is a frequent contributor to national and regional publications and has authored six books on science, health and nature. Learn more at [SherylDeVore.wordpress.com](http://SherylDeVore.wordpress.com).*

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# Yoga on Vacation

## SIMPLE POSES AND TIPS FOR TRAVELERS

by Carrie Jackson



**T**ravel can broaden our perspective of the world and take us on breathtaking adventures. These new experiences, however, often come with unexpected mental and physical challenges, stresses and anxieties. By

incorporating yoga into the itinerary, we can cultivate a sense of peace, allowing us to show up as our best selves. From asanas after long hours of sitting to breathing exercises while waiting for a flight, yogic techniques can open the body and mind, letting us enjoy both the journey and destination.

According to Jenny Kaufman, a Chicago-based yoga professional who leads international retreats and manages yogaview, in Wilmette, Illinois, a

mindful yoga practice is different from stretching and is available for anyone, regardless of physical flexibility. “Yoga encompasses well-being, mindfulness, breathing and spiritual awareness. It leads you to pull inward, notice what and where you feel a sensation, and mindfully progress to another asana, or pose. Increased flexibility might be the byproduct of the practice, but that is not the point,” she explains.

“Long layovers, changing time zones and different foods can confuse our internal clocks and wreak havoc on sleep and digestion,” Kaufman says. She



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recommends some poses to mitigate disruption and bring renewed vigor to body and mind: “To wind down before bed, incorporate cooling postures, such as Seated Forward Bend and Child’s Pose, that encourage the body to fold in and rest. For a burst of energy, try warming poses and heart openers, such as Cobra, Sphinx and Backbends. If space is limited, stand with fingers interlaced behind the back and gently press the pelvis forward. If digestion is slowed, simple twists and Wind-Relieving Pose can help move things along.”

Kim Larkin, a New Jersey-based certified yoga teacher, leads international retreats as a way to share heart-opening cultural adventures with other curious beings. “My main practice when travel stress is creeping in is to drop my attention into my breath,” she says. “Just focusing on one breath cycle at a time will help to settle my attention into my body, begin to quiet my nervous system and bring me to a more grounded place. It can also be helpful to count the breath, as in Sama Vritti Pranayama or “box breathing.” Like a square, box breathing has four even-length parts to it. Inhale to a count of four or five; hold the inhale for the same count; exhale to four or five; and hold at the bottom of the exhale. Repeating this as needed helps to calm both the mind and body.”

Margi Young, an Oakland, California-based yoga instructor and retreat leader, says, “When traveling, it’s natural to want to jump into a busy schedule of exploring new destinations, but starting the day with a few conscious breaths and Sun Salutations can set the foundation for a more grounded experience. This allows you to be your best self and move through your journeys with less anxiety and fresh eyes. Or, get off the traditional yoga script and take a few minutes to put on your favorite tunes and dance to get into your body.”

Young also recommends incorporating yoga throughout the day while traveling to reset from any physical and mental stress. “In an airport, find a secluded place you feel comfortable doing a Downward Dog. Instead of putting your hands on the ground, you could put them on the seat of a chair. This grounding pose lengthens the spine, opens the shoulders and draws your attention inward,” she explains. “On a plane or bus, reaching your arms overhead gives space to condensed organs; ankle circles help increase circulation; and seated Figure Four opens up tight hips,” she advises.

If time allows, Young also suggests finding a yoga studio and popping in for a class. “Taking a yoga class in a new country or city can provide an immediate sense of community and is often a uniting gateway

to other connections when navigating new and different surroundings,” she asserts.

Yoga helps to develop patience, an aptitude that Kaufman says can serve us throughout our travels. “Mindfully moving through a practice encourages us to listen and be patient with our bodies, and it provides valuable feedback on where we are and what we need. Instead of jumping into a deep stretch, purposefully encourage the hamstring to open up and notice how that feels. Cultivating that patience for ourselves changes the chemistry in your brain and becomes a microcosm for how you put yourself into the world. You’re able to be more patient with flight attendants, travel partners and everyone else you may encounter,” she shares.

For Larkin, practicing yoga while traveling cultivates inner peace. “The stress of travel can bring out the worst in us, but we can do our best to stay kind and considerate by keeping in mind the yoga teaching of Ahimsa: non-harming,” she says. “Most things work out, even if you lose your luggage or miss your flight. And most people are good, wanting to help you find your luggage or rebook your flight or commiserate when your vacation didn’t go quite to plan.”

*Carrie Jackson is a Chicago-based freelance writer. Connect at [CarrieJacksonWrites.com](http://CarrieJacksonWrites.com).*



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# Medical Tourism

## NAVIGATING THE RISKS AND REWARDS

by Sheila Julson



Many Americans have experienced sticker shock upon receiving a medical or dental bill, whether or not they have health insurance. As healthcare costs continue to rise in the United States, patients are grabbing their passports and turning to medical tourism—the act of crossing borders to obtain quality medical care at a lower cost.

“We have a great healthcare system in the United States, but it is priced out of the market for millions of people at the bottom of the economic pyramid,” says Josef Woodman, CEO of Patients Beyond Borders, a medical tourism resource. He estimates that to date, 2.1 to 2.4 million Americans have intentionally crossed borders specifically for medical care. Approximately 65 percent of those people sought complex dental treatments.

The town of Los Algodones, Mexico, located just over the U.S.-Mexico border near Baja California, has approximately 300 dental clinics. Known as “Molar City,” the town is a mecca for people looking for more affordable dentistry. U.S. travelers also head to Costa Rica, Turkey and Thailand for elective cosmetic surgery, bariatrics, infertility treatments, orthopedic medicine, cardiology and cancer care, or to obtain low-cost pharmaceuticals.

Add holistic treatments to the list, says David G. Vequist IV, Ph.D., the founder and director of the Center for Medical Tourism Research at the University of the Incarnate Word, in San Antonio. “People are very interested in how Asian countries naturally combine both alternative and traditional medicine. Philosophies like ‘food as medicine’ are commonly used in treatments there,” says the 15-year scholar of medical tourism trends.

### Planning for the Best Outcomes

According to Vequist, “The best Mexican hospitals are using the same standards that we have in the U.S.” In 2009, for example, when Mexico’s General Health Council set out to create national hospital certification standards in their country, officials followed protocols established by Joint Commission International, an influential U.S.-based nonprofit that has served as a global driver of health care quality improvement and patient safety for the past 20 years.

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Nevertheless, it is important to understand that complications may arise during a healthcare procedure regardless of where it is performed. Vequist cautions that the farther a patient travels from home, the more likely they will be exposed to bacteria that is unfamiliar to their body. Also, traveling in a pressurized airplane after complex surgical procedures should be avoided, and seeking medical care outside of a patient's regular care network may break the continuum of care, leading to miscommunication and errors in the transfer of medical records.

"Although global health care isn't for everyone, those who try it will find the quality is the same or better than at home, with modern facilities at a fraction of the cost," says Paul McTaggart, founder of two specialized travel agencies—Medical Departures and Dental Departures—that help patients become informed about the best and most appropriate clinics and doctors around the world for their medical needs. They also book appointments, forward medical records and make travel arrangements.

McTaggart vets medical providers outside of the U.S. by verifying doctor credentials with local regulatory authorities; measuring web reputations; conducting onsite inspections when possible; posting authentic, patient-verified reviews; removing partners that consistently receive poor reviews; and checking the web for legal and other claims against hospitals or clinics.

Woodman advises that extensive research of foreign hospitals, clinics and providers is crucial for a positive medical-tourism outcome and cautions against making a decision based solely on cost. "There are some bad actors out there that advertise mostly on price to attract U.S. patients. If a clinic advertises that you'll save 80 or 90 percent off U.S. healthcare prices, be wary—that's way too high of a discount."

Other red flags include clinics that are located in strip malls or a lack of verifiable credentials for a provider. "A medical tourist needs to be a little more adaptable and critical of their surroundings," Woodman says, adding that even if they've made the trip, when the circumstances seem off, a patient should never feel pressured to go through with the treatment or procedure.

Jonathan Edelheit, president of the Medical Tourism Association, recommends using healthcare providers that are certified or accredited by international organizations like Global Healthcare Accreditation. "Be careful of trusting any website," he warns. "Some medical tourism facilitators are middlemen or agencies that receive a commission. Some will refer you to the best provider, but some will refer you to a provider that provides the largest commission, but who isn't the best."

Edelheit believes that with proper research and planning, cost-effective, quality health care is possible. He reminds travelers to avoid countries where the U.S. Department of State has issued a travel advisory, and he recommends speaking with several patients that have gone through the same procedure to get a firsthand review and manage expectations. He asserts, "The value you receive and being able to immerse yourself in another culture and integrate a vacation is something that most medical tourists treasure and cherish."

*Sheila Julson is a freelance writer and frequent contributor to Natural Awakenings.*

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# Helping Kids Cope

## GUIDING CHILDREN THROUGH TRAUMA AND ANXIETY

by Carrie Jackson



Children today are facing ever-increasing amounts of stress and anxiety. In addition to academic pressure, bullying and family dynamics, kids are worried about navigating social media, climate change and school shootings. While a certain amount of stress is normal and healthy, too much can cause debilitating physical, emotional and cognitive effects.

A 2010 study published by the National Scientific Council on the Developing Child, at Harvard University, reports that persistent fear and chronic anxiety can have lifelong consequences by disrupting the developing architecture of the brain. Parents can help anxious kids by modeling stress-management and problem-solving techniques, and inviting their children to talk about their feelings.

### Acknowledging and Coping With Fear

While each child's anxiety is unique, the themes are often universal. "Children fear not being liked, being made fun of, failing when they try new things, getting hurt, losing a loved one, being left out and not fitting in. If this list seems familiar, it's because they are all the same fears adults have too," says Michelle Nelson-Schmidt, an author and illustrator of 32 children's books, including *What If I Know My Feelings?* and *The Whatif Monster* series. "It is debilitating when we don't talk about our fears and anxieties. Children often don't have the vocabulary to verbalize their fears, so they bottle it up, letting fears get bigger and scarier. The earlier they learn that it's okay to be scared, to talk about their fears and to ask for help, the less power fear and anxiety will have over their brains."

According to Dr. Carol Penn, author of *Meditation in a Time of Madness: A Guidebook for Talented Tweens, Teens, Their Parents & Guardians Who Need to Thrive*, "Fear is a natural phenomenon. It's how we're hardwired to survive as a species. However, when fear turns into anxiety and the body enters a chronic state of hyper-arousal with raised cortisol levels, it can be debilitating. This shortens attention spans and disrupts the hypothalamic loop,

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which deals with creating short-term memory, causing kids to lose the ability to engrain long-term learning.”

Penn notes that kids can pick up on their parents’ anxiety, so it is imperative to model self-care and create a soothing home environment. “Children are unsettled when their parents are unsettled. By observing body language and energy, kids can intuitively gauge when something is wrong, and they often make up stories about why,” she explains. “Teaching kids to take regular breaks throughout the day for relaxed awareness encourages them to notice a mind-body connection. Take two minutes before getting out of the car or starting a new activity to pay attention to your breath and observe and label pain or tension in the body. If you are hunching your shoulders or clenching your jaw, make mindful adjustments to reset and settle the body and nervous system.”

## Overcoming Anxiety After a Traumatic Event

Last year, Highland Park, Illinois, experienced the improbable yet possible event of a mass shooting during their Fourth of July parade. “While the community worked to rediscover a sense of safety, our school focused on the necessary structures and initiatives to help students heal and rebuild,” says Holly Fleischer, the assistant principal of diversity, equity and inclusion at Highland Park High School. “As we started the school year, we recommitted to a focus on social-emotional learning by teaching strategies to manage emotions, sustain healthy relationships, develop an awareness of self and make healthy decisions. By practicing coping skills with everyday stressors, our students are learning to develop feelings of control, safety and resiliency as they navigate a traumatic experience or event.”

According to Fleischer, “While there is little control of one’s outside world and circumstances, kids can find calm in a storm through strategies like deep breathing, recognizing your five senses, listening to music, reaching out to loved ones, using ice packs for sensory intervention and giving oneself a strong bear hug. Students will get to know which ones work for them. It is also essential to disrupt maladaptive coping mechanisms like avoidance, which do not allow for the practice of these healthier ways of self-management.”

## Building Resilience for the Future

“Thoughts are the language of the mind, and feelings are the language of the body,” Penn counsels. “When stress develops, have kids draw three pictures identifying what it looks like for them. The first is a picture of themselves right now; the second is the challenge they’re facing; and the third is how they will feel when the challenge is resolved. This gives children control over their feelings, allowing them to self-soothe and creatively work through challenging situations. When children learn to be adaptable, flexible and imaginative critical thinkers, they can respond to even the darkest days and move forward with grace and hope.”

*Carrie Jackson is a Chicago-based freelance writer. Connect at CarrieJacksonWrites.com.*

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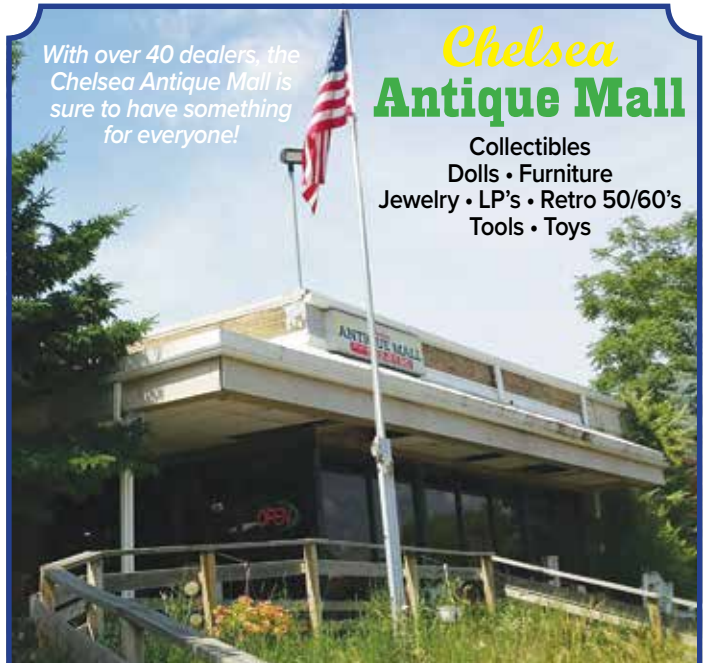
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# DOG PARENTING

## HOW TO SHAPE BEHAVIOR AND STRENGTHEN OUR BOND

by Karen Shaw Becker, DVM



**A**lthough the saying is that dogs are our best friends, canine companions are a lot like kids, too. In the same way that parenting styles impact children's mental and emotional development, so do pet parenting choices. How we guide and care for our dogs can shape their behavior, responsiveness, attachment, cognition and overall well-being.

A 2022 study in the journal *Animal Cognition* found that authoritative pet parents, defined as those with high expectations for their dogs, have the most positive influence on the behavior and cognition of their pets. The study's co-author, Monique Udell, an associate professor at Oregon State University, says, "We found that pet parenting style does predict patterns of dog behavior and cognition. This is an important finding because it suggests that dog owners who take the time to understand and meet their dog's needs are more likely to end up with secure, resilient dogs."

### Pet Parenting Styles

A range of factors will determine a dog owner's parenting style, but in general there are three categories:



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- Authoritative (high expectations, high responsiveness)
- Authoritarian (high expectations, low responsiveness)
- Permissive (low expectations, low responsiveness)

Dogs with authoritative owners are the most likely to have secure attachment styles, be highly responsive to social cues, prefer to be close to their owner over an unfamiliar person and be more independently persistent in solving problems.

## Understanding the Human-Canine Connection

Dogs track human eye movements, linking

them with intent. One study has suggested that when a dog's gaze follows a human's, it's not simply a reflex; rather, it is associated with the human's "communicative intent". A dog's ability to interact with its owner at this level helps strengthen the bond they share.

According to study co-author and behavioral scientist Lauren Brubaker, research into human-dog relationships parallels human psychological research in that, just as a child's development, mental health, intellectual success, social cognition, attachment and job performance are influenced by their upbringing, human-dog relationships influence a dog's behavior and cognition.

A positive connection between humans and their canine family members is mutually beneficial on many levels. Science has revealed a demonstrable chemistry between dogs and their humans, and, in fact, daily interactions with our canine companions have a measurably beneficial effect on our biochemistry, thanks to a hormone called oxytocin, sometimes called the "hug hormone" or the "love chemical".

A Japanese study involving 55 dogs and owners proved that when we share loving visual connections with our dogs, everyone benefits. The researchers found that people whose dogs looked upon them for two minutes or more showed increased levels of oxytocin and claimed to be happier than

owners whose dogs regarded them for a minute or less.

In a 2003 study conducted at the University of Pretoria, in South Africa, researchers had dog owners focus solely on their pets for half an hour, talking with them as they stroked, scratched and petted them. The owners' blood was drawn at the beginning and at the end of the 30-minute session.

The scientists found that blood pressure decreased in the human subjects, while oxytocin increased, as did other beneficial hormones, such as beta-endorphins, which are associated with both pain relief and euphoria; prolactin, which promotes bonding between parent and child; phenylethylamine, which is increased in people involved in romantic relationships; and dopamine, which heightens feelings of pleasure. These hormones were also elevated in the dogs, which suggests the feelings of attachment are mutual.

As we see, there is a demonstrable positive chemistry between dogs and humans. Not only can our pet parenting style shape a dog's behavior, it also has potential wellness benefits for us mentally, physically, emotionally or all the above.

*Veterinarian Karen Shaw Becker has spent her career empowering animal guardians to make knowledgeable decisions to extend the life and well-being of their animals. To learn more, visit [DrKarenBecker.com](http://DrKarenBecker.com).*



## – Divine Feminine Shamans –

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# Embrace the Winding Road

by Marlaina Donato



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Life's transitions can feel like a broken bead necklace, with scattered pieces of ourselves waiting to be restrung. When we pack up our lives to move into a new home or organize neglected drawers, we may stir up clouds of bittersweet memories. Watching our kids leave the nest, we might wonder where the time has gone. As a new self struggles to emerge from the chrysalis, our hormones might take us on a rollercoaster ride before unveiling breathtaking wings.

At times, we have one foot on shifting sands and the other in midair, waiting to connect to solid ground. Inspirational author Neale Donald Walsch says, "Life begins at the end of your comfort zone"—wise words for those of us that are halfway across the rickety swinging bridge of change.

Breaking our own rules can gift us with a brand of freedom that we've only imagined. Seasoned travelers and weekend adventurers might agree that setting aside plans and maps invites unforeseen magic. Ordering something we cannot pronounce on the menu, turning left instead of right or revisiting an old dream might be a wonderful decision.

When we take our hands off the wheel and float into possibility, the universe smiles and nudges our secret longing for something new, something more harmonically aligned with our own unique frequency. Meeting life in the moment, wherever we happen to be, can be a challenging but rewarding spiritual discipline.

When we take a deep breath and turn the page, life deepens in color and gets more interesting. When we resist the well-meaning way that has been carved out for us and choose to go off the beaten path despite the uncertainty ahead, we will meet ourselves more deeply, no matter what happens. Perhaps this is the meaning behind it all—the magical door we seek. Honoring the sanctity of change is the key to fulfillment.

*Marlaina Donato is an author, visionary painter and composer. Connect at [JaguarFlower.art](http://JaguarFlower.art).*

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## calendar of events

### WEDNESDAY, SEPTEMBER 6

**Open Stage** – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Fifteen performers have 8 mins (or 2 songs) each to do their thing. \$3, \$2/members, seniors, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

### FRIDAY, SEPTEMBER 8

**Sound Bath and Gallery Reading** – 7-8:30pm. With Sound Therapist, Rob Meyer-Kukan and Psychic/Medium, Rev. Dr. Ryan Mehmandoost-Gauthier. In addition to the soothing sounds of singing bowls, gongs and more, played by Rob, Ryan will share messages from loved ones, Higher Selves, Spirit Guides, Master Teachers, Angels and more. \$50. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. Registration required: Tinyurl.com/3vrjdntx. 248-962-5475. Facebook.com/events/651129456563076.

### SATURDAY, SEPTEMBER 9

**Sound and Art** – 7-8:30pm. Join Whitepine Studios and Ann Arbor's 7 Notes Natural Health, for our 7th collaboration, but first in our cozy new studio, as we listen to the melodic sounds of the singing bowls while painting a fall composition with watercolors. No art experience necessary. \$50. Whitepine Studios, 105 W Michigan Ave, Saline. 734-330-2079. Register: WhitepineStudios.corsizio.com.

**The RFD Boys** – 8pm. Legends of Michigan bluegrass. \$16, \$15/members, students, seniors. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

### SUNDAY, SEPTEMBER 10

**Rize and Shine Holistic and Wellness Conference** – 10am-4pm. Includes a free vendor show, with 25 vendors outside and a conference (ticket needed) inside Greater Chiropractic with keynote speakers and breakout workshops. \$65 conference. Greater Chiro, 23200 Greater Mack Ave, St Clair Shores. RizeAndShine.my.canva.site.

**Fall Shorebird Walk:** Mary Beth Doyle Nature Area – 1-4pm. Join NAP's ornithologist, Juliet Berger, and other enthusiastic bird watchers for a tour of this bird-rich nature area. More info: A2Gov.org.

**Monarch Migration Festival** – 1-4pm. Join the Leslie Science and Nature Center for our 10th anniversary Monarch Migration Festival. Every year, waves of these butterflies migrate over mountains, deserts, and plains in the United States to reach their wintering grounds in Mexico. \$5. Leslie Science & Nature Center parking lot, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

### MONDAY, SEPTEMBER 11

**Level 1 Intuition Development Class** – Mondays. Sept 11-Oct 30. 6:30-9pm. With Amy "Metafizzy" Garber. Everyone has intuition. This is an interactive class utilizing a combination of lecture, practice and sharing. Safe exploration with like-minded others provides a powerful experience. \$200. Enlightened Soul Center and Shop, 2711 Carpenter Rd, Ann

Arbor. 734-358-0218. Registration required: EnlightenedSoulCenter.com/level-1-intuition-class.

## MARK YOUR CALENDAR

### TUESDAY, SEPTEMBER 12

**Dr. Chi Fingernail and Tongue Analysis Clinics and Seminar** – 6-8pm, seminar. Clinics: Sept 11-13, 9am-5pm; Sept 14, 9-11am. Free seminar; \$40/clinic. Chi is a world-renowned expert in the Eastern medical art of fingernail and tongue evaluation. He travels the globe teaching clinicians and evaluating patients with many medical conditions. Wycoff Wellness Center, 1226 Michigan Ave, East Lansing. To register: 517-333-7270. More info: 800-471-0255.

### WEDNESDAY, SEPTEMBER 13

**Open Stage** – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Fifteen performers have 8 mins (or 2 songs) each to do their thing. \$3, \$2/members, seniors, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

### FRIDAY, SEPTEMBER 15

**Yoga and Sound** – 7-8:30pm. Join Sound Healer, Rob Meyer-Kukan and Yoga Instructor, Paul Barr for this seasonal series. Paul will lead a mindful yoga practice that focuses on themes tied to each of the seasons. Rob will support with gentle sounds of singing bowls, gongs and more. \$40. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. 248-962-5475. Tinyurl.com/4xuzmy84.

**New Moon Night Hike** – 7:30-9pm. Will do some science experiments out on the trail to understand how different animals' eyes see in the dark, learn about night hike etiquette, and visit some nocturnal animals to learn about how they survive. \$5/person; free/children newborn-23 mos. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. Pre-registration required: DiscoverScienceAndNature.org.

### SATURDAY, SEPTEMBER 16

**Yoga with Reflexology for Emotional Balance** – 1-2:30pm. In this workshop explore the healing possibilities of combining yoga with reflexology. We will rotate between modalities bi-monthly with a focus on common issues such as stress/anxiety relief, insomnia, physical/emotional support and more. \$40. Verapose Yoga & Meditation House, 3173 Baker Rd, Dexter. Registration required: CrysterraWellness.com.

### SUNDAY, SEPTEMBER 17

**Stewardship Workday:** Lakewood Nature Area – 1-4pm. Help remove invasive species. Tools and know-how provided. Free. Meet at the park entrance on Sunnywood Dr, Ann Arbor. Pre-registration required: nap.a2gov.org/Lakewood091723.

### SATURDAY, SEPTEMBER 23

**Equinox Labyrinth Walk and Crystal Bowl Sound Bath** – 12:30-1:30pm. With Veriditas Certified Labyrinth Facilitator, Rob Meyer-Kukan. Celebrate the equinox by enjoying 30 mins of relaxing and soothing tones of singing bowls on the labyrinth. Donation. Webster United Church of Christ, 5484 Webster Church Rd, Dexter. Registration required: Tinyurl.com/ye297xd8. facebook.com/events/536857955300901.

**Stewardship Workday:** Bluffs Nature Area – 1-4pm. Help remove invasive species. Tools and know-how provided. Free. Meet at the park entrance on Orkney Dr, Ann Arbor. Pre-registration required: nap.a2gov.org/Bluffs092323.

### SUNDAY, SEPTEMBER 24

**Out of the Darkness Community Walk and Fundraiser** – 11am, check-in; 1pm, walk. Event unites our community and provides an opportunity to acknowledge the ways in which suicide and mental health conditions have affected our lives and the lives of those we love and care about. Admission free. Hudson Mills Metropark, 8801 N Territorial Rd, Dexter. Register: afsp.org/annarbor.

**Virtual Book Discussion:** *The American Way of Eating* – 1-2:30pm. The book by Tracie McMillan is an exposé of the American food system and what keeps people from eating well. Book is relevant to those who would like to make more compassionate vegan food choices and work to change the injustices in food production. Register: VegMichigan.org.

### TUESDAY, SEPTEMBER 26

**Artist Spotlight:** Nigel Wearne – 8pm. Nigel Wearne saunters after dark in the music of the night, blending blues, folk and Americana-noir. Free; please bring a nonperishable food donation for Food Gatherers. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

## MARK YOUR CALENDAR

### FRIDAY, SEPTEMBER 29

**Find the Elusive Butterfly of True Love** – Sept 29-Oct 1, HAI Global will present Connecting in Love: A Weekend Immersion, Level One. Participants will have profound opportunities for deeply connecting with themselves and others. The focus on love, intimacy and sexuality provides fertile ground for self-discovery and true intimacy with others in a non-sexual context. Cost is \$695. Ronora Retreat Lodge, Watervliet. To register, call 734-888-8608, email Office@HAI.org or visit HAI.org.

### FRIDAY, SEPTEMBER 29

**Connecting in Love:** A Weekend Immersion, Level One – Sept 29-Oct 1. Participants will have profound opportunities for deeply connecting with themselves and others, letting go of the layers of defense that have kept them safe in the past, but now may just be keeping us all separate. \$695, including sleeping accommodations and meals. To register: 734-888-8608, Office@HAI.org, HAI.org.

## calendar of events

**Fireside Fun** – 5:30-7pm. There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows and swapping stories. Free. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. [DiscoverScienceAndNature.org](http://DiscoverScienceAndNature.org).

### SATURDAY, SEPTEMBER 30

**Invasive Species Removal Workday** – 10am-12pm. Join Legacy Land Conservancy to help clear brush and remove the invasive species autumn olive. Beckwith Nature Preserve 2792 Morton Rd (M-106), Stockbridge. [LegacyLandConservancy.org](http://LegacyLandConservancy.org).

**Mindfulness 101** – 11am. Learn the benefits of mindfulness and how mindfulness changes the brain. Free. Ann Arbor Better Health Market, 3500 Washtenaw, Ann Arbor. [BetterHealthMarket.com](http://BetterHealthMarket.com).

### PLAN AHEAD

### SATURDAY, NOVEMBER 4

**Randy Rainbow for President Tour** – 7:30-9:30pm. The *New York Times* bestselling author will take on the hottest topics and skewer politicians of the day as only he can, using song parodies live onstage with accompaniment by Broadway musicians. Tickets start at \$63. Michigan Theater, 603 E Liberty St, Ann Arbor. Tickets: [Ticketmaster.com](http://Ticketmaster.com). [MichTheater.org](http://MichTheater.org).

## ongoing events

### daily

**Herbs for the Southeast Michigan Garden** – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: [CastleRemedies.podia.com](http://CastleRemedies.podia.com).

**Introduction to Homeopathy Class** – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. \$75. More info & register: [CastleRemedies.podia.com](http://CastleRemedies.podia.com).

**Pets & Parents Reiki Session** – 9am-9pm. Sessions for wellness, critical care and end of life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. \$20. 231-590-0001. [tcdesoto@gmail.com](mailto:tcdesoto@gmail.com).

**The Best Affirmation for You** – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible

reminder. Free. 734-644-6943. [Harmony2c.com](http://Harmony2c.com)/affirmation-stones.

**Tiny Lions Lounge & Adoption Center (TLC)** – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. [TinyLions.org](http://TinyLions.org).

### weekly

**Stop Sabotaging Your Self-Care** – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. \$79 (regular \$149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. [Info@ChristyDeBurton.com](mailto:Info@ChristyDeBurton.com). [YogaRoomAnnArbor.com/online-courses-self-care](http://YogaRoomAnnArbor.com/online-courses-self-care).

### sundays

**Bach Flower Remedies Level 1 LiveWeb** – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. [BachFlowerSchool.com](http://BachFlowerSchool.com).

**Hudson Valley Humane Society Rescue Reading** – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. \$10; space limited. [HSHV.org/RescueReading](http://HSHV.org/RescueReading).

**Online Meditation from Anywhere** – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: [CelesteZygmunt2@yahoo.com](mailto:CelesteZygmunt2@yahoo.com) or [DeepSpring.org](http://DeepSpring.org).

**Sunday Talk with Demo Rinpoche** – 11am-12pm. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. [JewelHeart.org](http://JewelHeart.org).

**Sunday Artisan Market** – Thru Dec 17. 11am-4pm. Unique local arts and crafts. Meet the artists and support local art. Free parking. Farmers Market Pavilion, 315 Detroit St, Ann Arbor. [SundayArtisanMarket.org](http://SundayArtisanMarket.org).

**Drop-In Tarot Study Group** – 6:30-8pm. A drop-in group of tarot enthusiasts facilitated by Nicholas O'Donnell, using the Rider-Waite Tarot Deck. \$10 donation. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. 734-299-6472. [NicksVictoryGardens@gmail.com](mailto:NicksVictoryGardens@gmail.com). [EnlightenedSoulCenter.com](http://EnlightenedSoulCenter.com).

**Inspiring Talk by Mata Yogananda** – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. [SelfRealizationCentreMichigan.org](http://SelfRealizationCentreMichigan.org).

### mondays

**Weekday Morning Online Meditation** – Mon-Fri.

7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free, donations gratefully accepted. [InsightMeditationAnnArbor.org](http://InsightMeditationAnnArbor.org).

**Beginner Tai Chi** – 10-11:15am. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. [PeacefulDragonSchool.com](http://PeacefulDragonSchool.com).

**Soul Power Mystic Arts** – 5pm. 2nd Mon & Wed. Re-claim the real you, hear your evolutionary calling, and cultivate the nature mystic within through four retreats, individual training, self-acceptance process, nature qigong, plant ally ceremonies, and body-ecology psychology. Sliding scale. Mother Bear Sanctuary, 20470 Barton, Pinckney. 734-796-6690. [MotherBearSanctuary.com](http://MotherBearSanctuary.com).

**Yoga in the Park** – Thru Sept 4. 5:45pm. Mota Thai Yoga will conduct vinyasa yoga. First class free, then \$20. West Park, 215 Chapin St. Inclement weather: Mota Thai Yoga, 416 W Huron St, Ste 22, Ann Arbor. Register: [Tinyurl.com/WestParkYoga](http://Tinyurl.com/WestParkYoga). [MotaThaiYoga.com](http://MotaThaiYoga.com).

**Meaningful Mondays** – 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Monday to receive the info about how to join by video: [Info@SelfRealizationCentreMichigan.org](mailto:Info@SelfRealizationCentreMichigan.org).

### tuesdays

**Senior Discount Tuesdays:** Castle Remedies – Customers over the age of 65 can receive a 10% discount on their in-store purchases. In the Parkway Center, 2345 S Huron Pkwy, Ann Arbor. 734-973-8990. [CastleRemedies.com](http://CastleRemedies.com).

**Online Meditation from Anywhere** – 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: [CelesteZygmunt2@yahoo.com](mailto:CelesteZygmunt2@yahoo.com) or [DeepSpring.org](http://DeepSpring.org).

**Hypnotherapy** – 9:30am-7pm, by appt. Also Wed. Cheryl Beshada teaches and specializes in personal empowerment, releasing blocks and patterns of negative behavior, higher self-communication. Free consultation. Warren. 586-899-9009.

### wednesdays

**Get the Most from Your DNA Test** – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. \$59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. [wccnet.edu/noncredit](http://wccnet.edu/noncredit).



## thursdays

**Class Observation** – 11-11:45am. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. [NaturopathicSchoolOfAnnArbor.net](http://NaturopathicSchoolOfAnnArbor.net).

**Qigong: Basics** – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. \$180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. [PeacefulDragonSchool.com](http://PeacefulDragonSchool.com).

**Beginner Tai Chi** – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. [PeacefulDragonSchool.com](http://PeacefulDragonSchool.com).

**Thursday Hills of Ann Arbor** – 6:30pm. We ride some of the best hills A2 has to offer. A/B/C: 10-40 miles Start at Wheels in Motion, 3402 Washtenaw Ave Ann Arbor. [WheelsInMotion.us](http://WheelsInMotion.us).

**Thursday Evening Silent Meditation** – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free, donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. [InsightMeditationAnnArbor.org](http://InsightMeditationAnnArbor.org).

**Meditation Class** – 7-8pm. Short lesson and meditation, followed by discussion with instructor Lori Barresi. Drop-in, every other Thur. \$10. Enlightened Soul Center, 3820 Packard, Ste 280, Ann Arbor. 734-358-0218. [EnlightenedSoulCenter.com](http://EnlightenedSoulCenter.com).

## saturdays

**Downtown Plymouth Farmers Market** – Thru Oct 21. 8am-12:30pm. No market Sept 9. 736 Penniman, Forest St, Plymouth. 734-223-7956. [Tinyurl.com/2sy94m6m](http://Tinyurl.com/2sy94m6m).

**Certified Hypnotherapists Education and Networking Meeting** – 9:30am-12pm. 1st Sat. Certified Hypnotherapists welcome. Includes educational presentation, workbook and digital material. Clinical Hypnosis Professional Group, Warren. Register: 586-899-9009.

**Yoga with Reflexology for Insomnia/Restful Sleep Workshop** – Thru Sept 16. 1-2:30pm. 4th Sat. Experience the profoundly synergistic healing benefits of pairing yoga with reflexology. Will rotate between modalities with a focus on common issues such as stress/anxiety relief, insomnia and more. \$40. Crysterra Wellness, 3173 Baker Rd, Dexter. Registration required: [CrysterraWellness.com](http://CrysterraWellness.com).

**Pregnancy, Childbirth, Postpartum and Baby Classes** – 6-7pm. Classes are held virtually online lead by our top AID instructors utilizing

state of the art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. \$35/class. [Childbirth-Classes.com](http://Childbirth-Classes.com).

## classifieds

### OFFICE SPACE

**ANN ARBOR THERAPIST SEEKING RESONANT PRACTITIONER** to share newly decorated, warm and uplifting office in prime location with apple parking. Please contact Karen Kerr at 734-660-5610 or [Karen8Kerr@gmail.com](mailto:Karen8Kerr@gmail.com).

### HELP WANTED

**RELAXSTATION, VOTED A2'S BEST MASSAGE, IS HIRING!** Our massage therapists earn \$35K to \$40K annually as W-2 employees for a 30-hour (including breaks) weekly schedule. New location on Packard Street between Argus Farm Stop and the Buddhist Temple offers traditional full body massage as well as fully clothed table massage, plus onsite chair massage at UT and local businesses. Free parking. Friendly, diverse and supportive community of co-workers. [Relaxstation.com](http://Relaxstation.com). Ask for Carrie, 734-623-1951.



**ANN ARBOR SCHOOL OF MASSAGE,  
HERBAL & NATURAL MEDICINE at**  
3684 W. LIBERTY ROAD (734) 769-7794

**HOLISTIC MASSAGE THERAPY PROGRAM**  
Cyclical Enrollment Integrating  
Natural Medicine principles, details at  
[naturopathicschoolofannarbor.net](http://naturopathicschoolofannarbor.net)

**2024 MEDICINAL HERBAL & NATURAL  
MEDICINE SERIES**  
Open for registration  
[naturopathicschoolofannarbor.net](http://naturopathicschoolofannarbor.net)

**PROFESSIONAL AND INTERN CLINIC**  
For massage and integrated  
bodywork therapies  
[holisticmassageassociatesannarbor.com](http://holisticmassageassociatesannarbor.com)

Fees at \$35 - \$50 - \$75  
per session-by length, no tips.

## Couples Retreat in Jamaica

**Relax, Reboot & Rejuvenate in Jamaica!**

Come to January in Jamaica with Chef John at Bel Cove Villa!

| Week 1                                | Week 2                               |
|---------------------------------------|--------------------------------------|
| <b>Food for Life Wellness Program</b> | <b>Total Health Wellness Program</b> |

Session 1: January 6 – Jan. 20, 2024  
Session 2: January 20 – Feb. 3, 2024


**Booking Now!**

Contact **Chef John** For More info!

**(734) 635-1598**

[january-in-jamaica.com](http://january-in-jamaica.com)




# Paradise

## YOGA RETREAT

**Zion County, Jamaica | Nov 5-10, 2023**

**Self Care • Relaxation • Stress Reduction**  
Mental & Emotional Well Being  
Connection & Community  
Detoxification & Cleansing

**Yoga • Clairvoyant Reiki**  
Nutrition & Health Coaching  
Ganja and Psilocybin  
Micro-Dosing Ceremonies



For More Information Please Contact:

**Ida Pearl Lee** [idalee428@gmail.com](mailto:idalee428@gmail.com)  
**(810) 938-0281**

## community resource guide

### ALTERNATIVE POWER SOLUTIONS

#### GREAT LAKES APPLIED POWER

740 W. Industrial Drive, Chelsea  
734-897-0550  
GreatLakesAppliedPower.com



We are devoted to third-generation ultra-efficient power solutions using the latest technology and advanced product design. Please contact us for more information or for assistance selecting a Power Cell or Solar Power Wagon to fit your needs! *See ad on back cover.*

### AROMATHERAPY

#### ROSY GLOW AROMATHERAPY

Margo Hertzfeld, Certified Aromatherapist  
419-360-0169  
RosyGlowWellness.com



Clinically certified aromatherapist offers holistic consultations with customized blends of professional quality essential oils. Trust Margo to help you understand the complicated world of aromatherapy.

Her holistic approach can help you maximize your benefits from this powerful therapy and minimize side effects. Aromatherapy is a wonderful way to integrate natural healing into your life. Phone consultations are available.

### BIOLOGICAL DENTIST

#### ANN ARBOR'S DENTIST

Dr. W. K. Dobracki, DDS  
606 W Stadium Blvd, Ann Arbor, 48103  
734-747-6400  
DrDobracki@AnnArborsDentist.com  
AnnArborsDentist.com



Passionate about holistic care while utilizing Bio-Compatible materials and lasers. Our patients can elect to be free from fluoride, mercury and other harmful metals. Filling materials are tooth colored and both BPA & Bis-

GMA free. We offer natural oral health products using fine essential oils, and free of gluten and preservatives. *See ad page 5.*



### CATERING/FOOD

#### CINNAHOLIC

121 E Liberty, Ann Arbor  
734-707-1955  
Info@CinnaholicAnnArbor.com  
CinnaholicAnnArbor.com



Cinnaholic is a locally owned bakery specializing in custom gourmet cinnamon rolls and homemade cookie dough, brownies and cookies. We cater to any size event with customizable catering options. All our products are made with the highest quality ingredients and are 100% vegan. *See ad page 21.*

### DETOX/COLONIC

#### INNERSPACE HOLISTIC

Brandy Boehmer, 734-709-8313  
2350 Washtenaw Ave, Ste 14, Ann Arbor  
InnerSpaceHolistic.com



Colon Therapy is the slow and gentle insertion of purified water into the colon (large intestine) for the cleansing of poisons, mucous and accumulated fecal matter. It is also used to stimulate the colon to recover its natural shape, tone, and peristaltic wave action. No chemicals or drugs are used—thus it is a safe, gentle, health-giving alternative. Brandy Boehmer is National Board Certified in colon hydrotherapy through the International Association for Colon Therapy.

### FOOD

#### PAU LA CARTE PERSONAL CHEF SERVICE

Paula Woods  
PaulaWoods686@gmail.com  
734-223-7956



If you believe that food/nutrition is the number one best way to better health, and you really like NOT cooking, give me a call. You won't regret it. Best Food Ever.



### GENERAL & COSMETIC DENTISTRY

#### ANN ARBOR SMILES DENTAL GROUP

2365 S Huron Pkwy, Ann Arbor &  
1795 W Stadium, Ann Arbor  
734-887-9667  
AnnArborSmiles.com



Ann Arbor Smiles is a state-of-the-art general and cosmetic dental office dedicated to treating the whole person in a caring and compassionate manner. Most insurances accepted and financing is available. *See ads, pages 3 and 28.*

### HEALTH AND WELLNESS

#### CONSTELLATION HEALING ARTS

Michaelene Ruhl, PsyD,  
28592 Orchard Lake Rd., Farmington Hills  
248-345-3557  
ConstellationHealingArts.com



We create intimate, safe and sacred spaces for people to learn, grow and heal by supporting them in learning to create the same for themselves and others. *See ad page 24.*

#### CRYSTERRA WELLNESS

3173 Baker Rd, Dexter  
734-649-1849  
CrysterraWellness.com



Ancient inspirations for modern well-being. Supporting you and your wellness journey every step of the way with reflexology, reiki, lithography and yoga.

### HEALTH FOOD STORES

#### THE BETTER HEALTH STORES

Locations: Dearborn • Plymouth • Novi • Livonia • Ann Arbor • Sterling Heights • Belleville • Southgate • Shelby Charter Twp • Lansing • Grosse Pointe Woods • Beverly Hills • Bloomfield Twp • Windsor, ON, Canada  
TheBetterHealthStore.com



Vitamins, supplements, organic and natural foods. For more information: *See ad page 7.*



## HOLISTIC DOCTOR

**DR. MALCOLM SICKELS, M.D.**  
210 Little Lake Dr, Ste 10, Ann Arbor  
734-332-9936  
DrSickels.com



Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at DrSickels.com. *See ads, pages 6 and 10.*

## HOLISTIC MENTAL WELLNESS

### CENTER FOR INTEGRATIVE COUNSELING

Karen Kerr, LMSW  
2010 Hogback Road, Ste. 6E, Ann Arbor  
(734) 660-5610  
karen8kerr@gmail.com  
karenpkerr.com



In offering a caring, collaborative and supportive experience, I draw upon a holistic approach with a rich variety of practices designed to deepen awareness, uplift mood, manage stress and develop a stronger sense of self-worth, purpose, connection and joy in life.

## HOMEOPATHIC PHARMACY

### CASTLE REMEDIES

2345 S. Huron Pkwy, Ann Arbor  
In the Parkway Center  
734-973-8990  
CastleRemedies.com



Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier nutritional supplement brands such as Metagenics, Ortho Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. *See ad page 26.*

## LIFE COACHING

### LEAN INTO YOUR LIFE

LeanForwardLife@gmail.com  
734-249-9948  
LeanIntoYourLife.net



Gary Merel offers the tools needed to create the life you envision. He is an effective catalyst that will help you unravel your life's dilemmas. Gary will help you to ignite your innate wisdom enabling you to see a clear path for your life.

## MOLD TESTING & REMEDIATION

### MOLDPRO

John Du Bois, CMI, CMR  
247 W. Main Street, Milan  
734-439-8800 • MoldProInc.com



MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

## NATURE-ORIENTED MEETING SPACE

### MICHIGAN FRIENDS CENTER AT FRIENDS LAKE COMMUNITY

7748 Clark Lake Road, Chelsea  
734-475-1892  
MFCenter.org/rent



We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100 pre-COVID-19, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from \$200-\$400, additional for extensive grounds use, camping. *See ad page 6.*

## PEDIATRIC DENTISTRY

### ANN ARBOR SMILES DENTAL GROUP

Dr. Heather Hoffman  
2900 Golfside Rd Suite 5, Ann Arbor &  
1795 W Stadium, Ann Arbor  
734-887-9667  
AnnArborSmiles.com



Ann Arbor Smiles is a state-of-the-art general and cosmetic dental office dedicated to treating the whole person in a caring and compassionate manner. Most insurances accepted and financing is available. *See ads, pages 3 and 28.*

## RELIEF FROM TRAUMA, ANXIETY & DEPRESSION

### ACT ABSOLUTE CHOICES TODAY COUNSELING NANCY WARNARS, LPC

OperationAbleNancyW@gmail.com  
248-845-0513  
AbsoluteChoicesTherapy.com



Virtual Teletherapy for all ages. Immediate appointments available. Accepting most insurance. Office in East Lansing. Change happens when you take responsibility to create thinking that supports ways to feel better. Family of origin, groups and media can have a profound effect on your inner being. Letting go of the negativity is critical to co-create new pathways toward hope, peace and love for the life you have a choice to envision.

## SCHOOL / EDUCATION

### ANN ARBOR SCHOOL OF MASSAGE, HERBAL & NATURAL MEDICINE

734-769-7794  
NSHAAssociates@gmail.com  
NaturopathicSchoolOfAnnArbor.net



Massage therapy training is a one-year program that fulfills the 717-hour, state-licensed professional training with the required 80 hours of clinical internship. The rate for scheduled, Tuesday through Friday appointments at our student massage clinic is \$50/hr. *See ad page 35.*



# GROW YOUR BUSINESS

Secure your growing space!

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**natural**  
awakenings

## community resource guide

**MOTHER BEAR SANCTUARY**  
**BARBRA WHITECROW M.A., D.I., H.O.M.**  
734-796-6690  
MotherBearSanctuary.com



Mother Bear Sanctuary's mission is to remind people of their innate connections to their bodies, the Earth, all animals, and each other. Barbra specializes in transpersonal therapy, horse retreats, trauma-informed nature therapy, healer training and leadership programs. *See ad page 31.*

### SMOKING CESSATION

**FREE AT LAST! HYPNOSIS**  
Center - A Joyful Journey  
734-883-8775



Stop smoking in one visit. Afraid it's going to be too painful or too difficult? Our unique specialized and proven system makes it easy. Become a happy and permanent non-smoker today. *See ad page 29.*

### SOLID HARDWOOD PLANK FLOORING

**CHELSEA PLANK FLOORING**  
740 W. Industrial Drive, Chelsea  
734-433-1023  
ChelseaPlank.com



Natural. Beautiful. Versatile. Longevity. Green. In simplest terms, a solid plank of hardwood flooring is a piece of a tree. It is neither laminated, extruded, mixed nor reconstructed from industrial regurgitation. It's the real deal, that which other flooring products strive to resemble and are measured against. *See ad opposite page.*

### TAI CHI AND QIGONG

**PEACEFUL DRAGON SCHOOL**  
1945 Pauline Blvd, Ste B, Ann Arbor  
734-741-0695  
PeacefulDragonSchool.com



Tai chi promotes relaxation, is a meditation in motion and is known for increasing balance. Qigong means energy work. This class includes stretching, meditation and self-acupressure.

### WEIGHT LOSS

**FREE AT LAST! HYPNOSIS**  
CENTER - A JOYFUL JOURNEY  
734-883-8775



Lose weight now with hypnosis. Achieve permanent positive life and habit changes through our safe, rapid and effective system. Tap the potential of your mind to create the health and vitality you've always wanted. *See ad page 29.*

### WELLNESS CENTERS

**THRIVE! WELLNESS CENTER**  
148 S. Industrial Dr. Saline  
734-470-6766  
Thrive-Wellness-Center.com



Shannon Roznay, DC, specializes in Nutrition Response Testing and Activator Chiropractic. Thrive! also carries natural foods, skin and home products. *See ad page 25.*

### WOMEN-ONLY MASSAGE

**SHER**  
734-239-3344  
SherAnnWells@icloud.com



Draped relaxation massage \$85 per hour, includes hot towels. Full coverage massage for relaxation and sexual abuse healing (This is NOT an internal or sexual experience). Draped \$110 per hour. Undraped \$160 per hour.

I'm open for conversation.

### LIST YOUR BIZ IN THIS WELLNESS DIRECTORY!

Text Now for Special Rates!  
734-757-7929





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GREAT LAKES APPLIED POWER IS DEVOTED TO 3RD GENERATION  
ULTRA-EFFICIENT POWER SOLUTIONS USING  
THE LATEST TECHNOLOGY AND  
ADVANCED PRODUCT DESIGN.

**POWER UP FOR HOME, WORK, OR PLAY  
HARNESS RENEWABLE ENERGY  
RELIABLE POWER ANYWHERE  
ENERGY INDEPENDENCE  
HOME POWER BACKUP  
REDUCE GRID USAGE  
ULTRA EFFICIENCY**



**SOME OF THE PRODUCTS WE OFFER INCLUDE:**



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POWER CELL**



**FLEXSOURCE  
POWER CELL**

[www.greatlakesappliedpower.com](http://www.greatlakesappliedpower.com)